

Integrative Review - Mental health and COVID-19 - depression in times of Quarantine

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Keywords— Mental Health, COVID-19, Depression.

Abstract— Objective: To evaluate how to maintain mental health to minimize depression or prevent its emergence in quarantine times. Literature Review: COVID-19 caused a major worldwide movement in 2020, this disease emerged in China in 2019, but spread rapidly in the world. Thus, people were forced to adhere to social isolation to avoid the spread of the virus, but with this, other problems arose, which were linked to the mental health of the subjects. Thus, cases of anxiety and stress were increased, as well as intensified the depression of the subjects, which is a major problem. Therefore, it is necessary to look for ways to mitigate these conditions that were caused by the modification of the subjects' routine, however, this is a challenge, because to overcome these problems it is necessary to have well-established routines with scheduled activities. Conclusion: It is concluded that social isolation has contributed to the increase in depression, however, it is important to seek healthy habits and routines to minimize its impacts.

I. INTRODUCTION

In times of quarantine due to COVID-19, social isolation has caused subjects to develop anxiety and stress, which has been a major problem, especially for people who have depression. Therefore, it is important to look for ways to understand how to overcome these problems to prevent these problems from getting worse, and it is important to look for ways to practice healthy habits to occupy the mind (BROOKE J and JACKSON D, 2020).

These problems occur because there has been a moment of uncertainty, which changes the entire routine of the subjects, which is a major problem for those who already suffer from some mental disorder. Moreover, in these subjects, these issues can further accentuate this generalized anxiety picture, so it is important to seek assistance from specialized professionals, who have often attended online at this time of crisis (ARMITAGE R and NELLUMS LB, 2020).

Online care has contributed significantly to the improvement of anxiety and excessive stress. However, it is important to create a routine, incorporating the performance of pleasurable activities, healthy eating, exercise, among other things. Thus, the subjects can avoid the worsening and emergence of these critical problems in moments of social isolation (WANG C, et al., 2020).

Therefore, taking into account the situation of social isolation provided by COVID-19, as well as its impacts on the mental health and depression of the subjects, this study aimed to evaluate how to maintain mental health to minimize depression or prevent its emergence in times of quarantine. This objective was achieved with the exhaustive analysis of the specific literature on the subject, indicating what measures can be taken to ensure the mental health of individuals.

II. BIBLIOGRAPHIC RESEARCH METHODOLOGY

The methodology used was based on (OLIVEIRA et al., 2018).

To identify articles that report behavioral changes in the population due to social isolation, caused by the pandemic of the new Coronavirus SARS-COV-2 and depression in quarantine times, searches were performed for scientific articles in the PubMed, ScienceDirect, Scielo, Google Scholar, Dialnet, and DataSus databases.

In the present study, the research strategy on the subject COVID-19, depression, and mental health consisted of the use of the keywords in English: 1. COVID-19 AND Depression; 2. COVID-19 AND Quarantine; 3. COVID-19 AND Mental Health. The following filters have been added to the search in ScienceDirect: only journals; title, abstract; keywords.

After consulting all the databases and using the search strategy adopted, repeated articles were identified between the different data sources. The criteria and filters for the inclusion of the articles in this work were: Original research articles that conceptualize the relationship

between the depressive effects of social distancing, due to the COVID-19 pandemic, in different types of research fields, covering research completed in the present languages: Portuguese and English.

The studies taken from the study were grouped in the following order: repeated, irrelevant, other publication formats (edict, short communications, perspectives, letters), and other languages that were not well understood. In addition, manual searches were performed in bibliographic references of the review articles found with the previously predetermined keywords.

III. RESULTS

Further studies are needed to identify the endemic direction of the population's depressive problems during a process of social isolation because of other social and family psychological problems. Therefore, because of the different searches in the databases, 37 articles have been used that cover the theme addressed in this study. After the removal of the duplicate articles, the exclusion criteria were applied. Through manual search, 2 more articles were retrieved (Fig. 1).

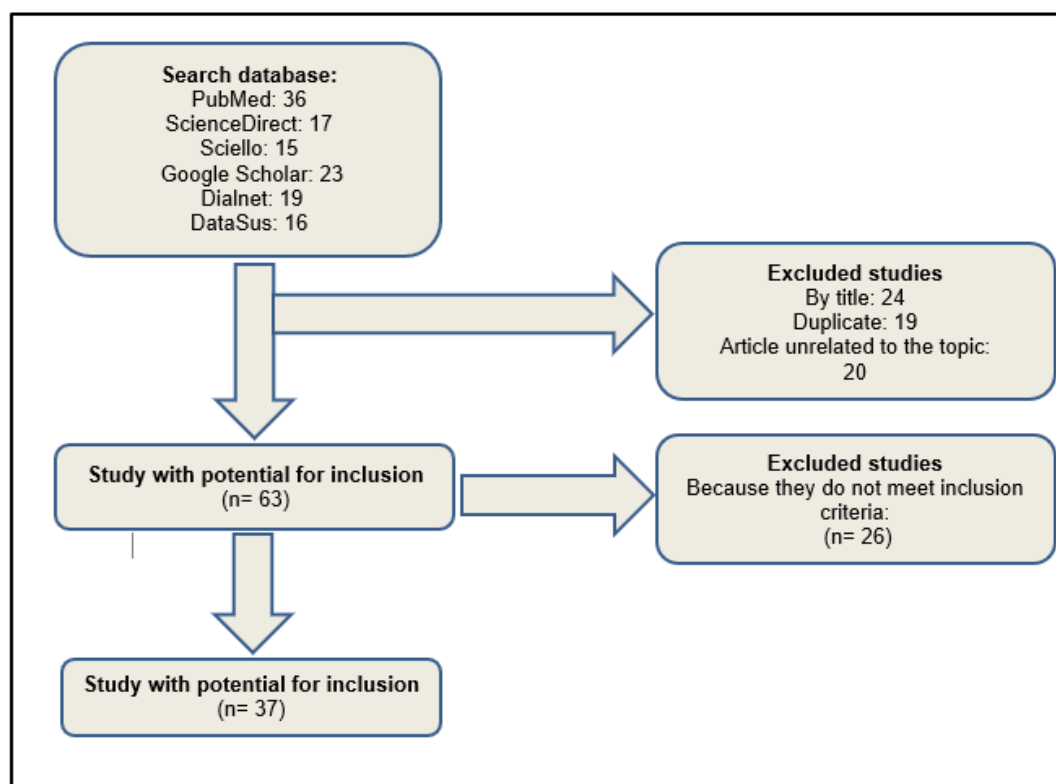


Fig.1: Flowchart of identification and selection of articles prepared by the authors, 2021.

Finally, through a word cloud, the keywords used to collect information in databases were visually identified. Larger words indicate factors that lead to the incidence of increased depression and mental health problems, given

the SARS-COV-2 pandemic according to the region where it is located. The lowest, the lower the incidence (Fig. 2).

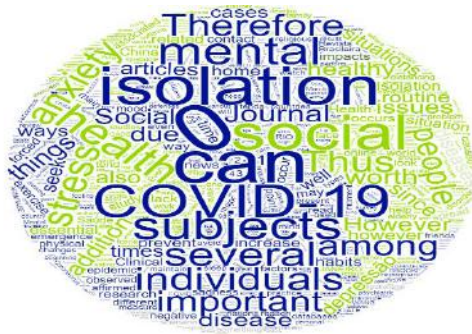


Fig.2: Source: Prepared by the author (2021).

FACTORS OF SOCIAL ISOLATION

Social isolation consists of separating the subjects or else the groups of conviviality with the other beings of society, and this event can occur on a voluntary or not basis. It is worth mentioning when the group or the subject himself is spontaneously isolated due to religious, personal, or mental health issues, it can be affirmed that voluntary social isolation occurs. However, when there is a reason for force greater force in which the government is forced to impose, either by a pandemic, by war, or by urban violence, it can be affirmed that isolation is forced. Thus, it can be affirmed that social isolation is related to external and interior factors. The main causes of these types of social isolation, as well as their variants, are explained below (KLINENBERG, 2016).

Voluntary isolation, as mentioned above, is related to religious reasons, personal will and depression and other psychiatric diseases. Concerning religious motives, it is important to point out the Amish who choose to isolate themselves socially from the groups so that they can maintain, according to them, the religious purity of the community. These peoples are extremely conservative Christians, and they do not tolerate any interactions with modernity, especially with technologies. Another reason for social isolation is a personal will, and some individuals choose not to live with other individuals for their reasons, and for this there is no force greater to force them to isolate themselves (ISLAM A and KUMAR B, 2020).

And finally, the last link with voluntary isolation is depression and other psychiatric diseases. Therefore, when subjects are affected by diseases such as borderline syndrome, bipolar disorder, depression and other psychiatric comorbidities, they may opt for social isolation. However, this option is not something that the person chooses since illness is not a choice. However, it is stated that isolation is voluntary because it does not emerge due to external factors (KONNING EA, 2019).

Involuntary isolation, violence, wars and pandemics can be mentioned. Violence occurs when its indexes rise suddenly in a place, with this it is necessary to

establish social isolation through a touch of recourse. This is necessary to prevent the population from getting in direct contact with homicides, for example. Thus, the curfew needs to be imposed by the subjects themselves or by the government, and this measure is essential due to social conflicts. About wars, similar to what took place in Syria in 2015, there is a curfew, and this factor is important to prevent citizens from suffering the direct impacts of war. It is worth mentioning that this mode of confinement has good results, however, it is not effective, because there are possibilities of bombing, which can destroy the population's home (GADE, EK, 2020).

When the main reason is the epidemics and the main reason, such as the one that started in the world in 2020 (started in 2019 in China), citizens are also obliged to adhere to social isolation. It is important to mention that epidemics occur only within countries, usually in several regions. On the other hand, the pandemics begin when the epidemic goes beyond the borders of one country, reaching other continents, and in the face of these situations, the leaders and governments of nations are obliged to adopt such measures. When addressing the pandemic due to the Coronavirus established in 2020, it can be affirmed that several governments have determined the social distancing and quarantine, which has occurred through the closure of schools, trade, among other activities (GADE, EK, 2020).

It is worth pointing out that such measures seek to avoid the rapid spread of diseases until a solution to the problem is found. In more extreme cases, there is also the imposition of the horizontal lockdown, which is a tactical measure aimed at the complete isolation of citizens, who remain in their homes. In addition, the lockdown prevents most services and trades from being opened, that is, in this case there is no flexibilization of these activities as occurs in quarantine (CUDJOE TKM, et al., 2020).

In a way, social isolation is beneficial, as it can serve as an excellent situation to put plans into practice, allows people to organize their pending issues, bring families closer together, help subjects get to know each other better, and preserve health. However, it is believed that social isolation has more negative than positive consequences, regardless of whether it is forced or voluntary.

Even though it is not the focus of this work, it is important to highlight that social isolation also has impacts on the economy, because the population stops consuming and circulating on the streets and consequently, failing to move trade and the service delivery sector. With this, there is a lack of revenue and a sharp drop in sales and such a situation in Brazil has a great impact, since the country is highly dependent on the sector of service and trade (WEILER LM, et al., 2019).

In addition, social isolation has a high chance of considerably affecting the mental state of subjects who adhere to it. For individuals suffering from depression and other types of disease, this situation can mitigate the situation, and in cases too severe, such diseases can culminate in suicide. When social isolation is forced, psychological diseases can also appear in individuals, even if healthy. This occurs because when someone is forced to stay at home, they tend to develop generalized anxiety, which is a condition that can easily evolve into depression. Thus, if the consequences of isolation have not been adequately addressed, they can have a catastrophic impact on people's lives (READ S, 2019).

DEPRESSION - STRESSFUL EXTERNAL FACTORS

When talking about depression, it can be affirmed that this disease has several origins, and may manifest itself in several ways, besides having several clinical conditions. Therefore, it presents a picture in which complexity varies considerably, and it tends to present several somatic and psychic symptoms considering the various clinical and psychophysiological issues. It is believed that women are more prone to depression and that more than half of the world's population has this pathology (FEITOSA MP, et al., 2011).

In this context, it is highlighted that depressive syndrome manifests itself in three ways, these being self-devaluation, psychomotor glorification and alteration of affections. In addition, it is related to a number of complex elements related to affect, that is, this disease encompasses several specific symptoms associated with behavior, motivation and cognitive field. Thus, depression can be considered as a state that is determined by the reduction of happiness, as well as the probability of decreasing pleasurable experiences (SOARES GB and CAPONI S, 2011).

Therefore, this disease has many symptoms, among the main ones can be highlighted suicidal idealization, social isolation, inactivity, irritability, difficulty concentrating, among other things. Even with sadness presenting a nuclear affection, along with it may arise other side effects such as hostility, irritability and anxiety. Usually, the physiological expression of depression is characterized by a deadly and sad look, in addition to a slaughtered expression that represents a lack of hope and suffering (CUNHA RV, et al., 2012).

It is worth mentioning that depression acts as an affective disorder, and in it, there are also variations in mood that can impact the subjects in their relationships with others, since they begin to devalue, which contributes to the reduction of their self-esteem, as well as the way of relationship with the most varied situations. Therefore, the

way of thinking of depressives is characterized by negative images, lack of hope, discouragement, self-deprecation, negative and distorted expectations of oneself, the future and the world in general (TAVARES LAT, 2010).

The incapacity and discouragement that plague the depressed are part of their routine, which, in more severe cases, can lead to the emergence of delusional thoughts, and all things that occur revolve around the ruin, guilt and hypochondria. These subjects tend to anticipate negative situations, often having pessimism as the guiding principle of their lives, both in the way of thinking, acting and speaking (RAZZOUK D, 2016).

Cognitively, depression acts by reducing concentration and attention due to a drop in energy levels needed to perform tasks, thus, activities are performed without efficacy and clarity. For these subjects, any activity is too tiring, and this occurs before even starting it. In addition to this intense fatigue, there is nervousness and a feeling of weakness, and in these situations physiological issues can be observed, such as decreased desire, lack of appetite, changes in sleep pattern, amenorrhea, headaches and changes in body mass (COUTINHO MPL, et al., 2016).

Depressed people usually underestimate their successes and abilities, letting the negative side of their activities appear in a variety of situations. In addition, other syndromes can be triggered with depression such as deficits of self-esteem, self-appreciation, in addition to acceleration, feelings of sadness, among other things. In this scenario it is worth highlighting the manic defenses, which, dynamically, are an element that tends to mix with this disease, which is opposed to depression. These manic defenses can be considered as defenses against the depressive effect that comes from marked depression (RUFINO S, 2018).

Therefore, it is necessary to keep in mind that the characteristics such as the difficulties in determining the boundary of the poles of sadness and the disturbance of mood, which are characteristic features of depression, are events triggered as a reaction to difficult events and feelings of loss. Thus emerges the issue of depressive mood, it is worth mentioning that mood can be considered as a basic affection that varies between sadness and joy. This characteristic is widely used in the representation of mental functioning, adapting and translating how subjects feel with the outside world (RAMOS ASMB, et al., 2018).

In this scenario, depression begins to be seen as a state of mind that is occasionally experienced by most individuals due to issues such as confrontation with losses, for example, which culminates in momentary disorganization and may remain until new objectives can be determined. It can be mentioned then that depression is

reactive in the face of a conflicting situation or a loss and, even though it can manifest itself in different spheres, it adapts to the situations experienced in which phenomena considered abnormal are discussed. It is also worth mentioning that depression is a feeling that tends to occur with all subjects at some point in their lives, so, normally, depressive signs occur on some occasions (LOPES RMF, et al., 2014).

Thus, it is perceived that several authors state that the symptoms of depression are no longer considered normal and enter the pathological sphere as if its depth, intensity, the frequency with which it appears, dysfunction, the elevation of mood disturbance rise. However, to affirm that depression is pathological and not a normal sadness, all these symptoms must be analyzed jointly (MATIAS AGC, et al., 2016).

It is necessary to be attentive because it is common to develop either depression without depression or be a masked depression. In these situations, individuals tend to present other symptoms such as headache, dermal diseases, somatic symptoms, among other things, which can be easily confused with real depression. Therefore, when depression is masked, it needs to be treated as a syndrome and not a disease, because it lacks several elements of therapeutic, pathogenic evolutionary, epidemiological and etiological order for it to be considered as such (FLECK MP, et al., 2009).

Because of this, it is perceived that there is a point that raises several doubts even today about depression. This question is associated with the way of understanding depression as a clinical entity, that is, this disease should be considered serious and worrying regardless of its endogenous character or may be related to contextual and/or psychological factors for its emergence. However, the reality is that depression can be classified into two groups, endogenous and manic-depressive. Endogenous depressions are those of hereditary origin, while manic-depressive depressions are those derived from frailty and other issues related to personality or stressful external factors (COSER O, 2003).

SOCIAL ISOLATION, INDIVIDUALS AND COVID 19

Social isolation is a factor that significantly impacts the human being in the face of pandemics and with covid 2019 it has been observed that this situation is true, and this is observed in practice. COVID-19 appeared in China and after that, there were several hate speeches about these people, their origins, their customs, among other things. Therefore, it is worth mentioning that in the face of critical moments people use any action to try to justify the events, an example is that several individuals, based on common sense attributed the cause of the disease

to the consumption of bat soup, which is a tradition in the country (ARMITAGE R and NELLUMS LB, 2020).

Therefore, it is known that many accusations have no scientific basis, however, the fact is that the viral disease is real and has spread throughout China and consequently to the world, becoming a pandemic. This pandemic frightened individual due to its great lethal power, especially in nations that resisted using restrictive sanitary measures, which is essential in the face of this type of public calamity (ANDERSON RM, et al., 2020)

Thus, it is stated that the pandemic impacted all nations, which had to adopt restrictive measures at their borders, in addition to restricting several flights and adopting strict entry and exit controls in the countries. As a matter of time, there were intense threats of contamination that sparked panic among the various nations, but there were situations in which several countries have adopted several exceptions about measures to combat COVID-19. Because of this, several countries for antisocial issues and government irresponsibility have cost to create actions to control the epidemic, however, these have suffered the consequences of such a measure (BROOKE J and JACKSON D, 2020).

Even affecting individuals with respiratory diseases and the elderly more severely, no person is safe from COVID-19. In this context, it is worth noting that appropriate technical procedures and prophylactic measures are the keys to combating this virus. Thus, in times of social isolation attitudes such as fabulous theories, xenophobic prejudices and ideological discourses only serve to confuse people, besides being male photo those who are acting technically for the execution of essential health care (USHER KAM, et al., 2020).

In parallel to this, it is up to the human being to have the discernment to understand the facts properly and to know how to judge them coherently to prevent contagion from being even worse. Therefore, it is up to each citizen to be aware that he can transmit the disease, and it is essential that he does his part and adopts the appropriate restrictive and sanitary measures. Thus, since the beginning of the determination of social isolation, the subjects must seek ways of informing themselves so that they can comply with the coherent technical measures urgently. Thus, it is important to believe only in scientists, leaving aside any comments and news from unreliable sources, since the media has become sensationalist, seeking only profit (HOLMES EA, et al., 2020).

In this scenario there is also the issue of social isolation, which is a nuisance, requiring that all individuals who go through this moment of home restraint have patience. It is common that in these cases several situations such as anguish, stress and anxiety emerge, and to

overcome them it is necessary to seek healthy means such as maintenance in the house, perform loving practices, pray, meditate, watch movies, read, among other things (VIEIRA PR, et al., 2020).

It is important to note that social isolation is not a media activity in a similar way to a reality show in which participants sell something surreal to viewers. This experience is also not a spa in which you acquire healthy habits, different lifestyles, among other things. On the contrary, this moment transcends these issues, because there can be no contact between people since handshakes, hugs and kisses act as an enemy of society (WILDER-SMITH AMD, et al., 2020).

In a scenario of social isolation, warm and sociable people suffer, because they miss the meetings, the hugs, the handshakes and the kisses. With this, an important question emerges that is when individuals are very close to each other, they feel uncomfortable, but when they move away the feeling of loneliness arises. Thus, what would be interesting is to ensure a balanced distance, which would be the middle ground of the two extremes mentioned above (BRISCESE G, et al., 2020). However, for less sociable subjects, social isolation can have softer impacts, and in extreme cases, such individuals may consider it as a gift from nature. But for most people, living with their families for prolonged periods is something tiring, since they are accustomed to the hectic routine of everyday life that apart from them and makes their coexistence reduced with others (COURTET P, et al., 2020).

MENTAL HEALTH AND COVID 19

The social isolation established due to COVID 19 has caused cases of depression and other types of problems associated with mental health to increase considerably. This was the conclusion of a study conducted by the State University of Rio de Janeiro in partnership with Yale-New Haven Hospital in the USA. In this survey, 1,460 individuals living in 23 Brazilian states answered an online questionnaire between March 20 and April 20, 2020. According to the results obtained, it is noticed that stress and anxiety increased by about 80%, while cases of depression practically doubled. Another point that corroborates several studies conducted previously is that women are the most likely to suffer from stress and anxiety during the pandemic period (STATE UNIVERSITY OF RIO DE JANEIRO, 2020).

However, other risk issues associated with anxiety and stress can be highlighted, such as the need to leave home to go to work, sedentary lifestyle, lack of psychological follow-up, preexisting diseases and unruly eating. Regarding depression, the main causes for its occurrence were contacting with the elderly in the home

environment, low schooling, lack of children at home and advanced age (STATE UNIVERSITY OF RIO DE JANEIRO, 2020).

Thus, the increase in depression has increased considerably since the beginning of quarantine, and the results of previous studies show that symptoms of acute stress increased from 6.9% to 9.7% from the beginning of quarantine (March 20 to 25) until the date of the research (April 15-20). A similar fact was also observed in cases of depression that jumped from 4.2% to 8.0% in the same period studied. The WHO states that these rates are typically expected to be 3.9% for depression, 7.9% for anxiety and 8.5% for stress (STATE UNIVERSITY OF RIO DE JANEIRO, 2020).

Given these data, it is noticed that the increase in problems related to mental health increased along with the increase in the number of psychological treatments. It is estimated that online psychological care increased by about 200% in their demand only in March 2020, and this increase was observed when compared to February 2020. With this, individuals who resort to online psychotherapy tend to have significant improvements in anxiety and stress conditions. In addition, individuals who exercise, especially those who have practiced aerobic exercises, tend to perform better when compared to people who did not have any physical exercise (RAJKUMAR RP, 2020).

However, creating a routine of physical exercises, sleep and occupation of the mind with meditation and reading in free times is not an easy task, however, it contributes significantly to reduce stress in times and pandemic. Therefore, it is essential to determine a fixed time to wake up, as well as a schedule for performing some activity. It is worth mentioning that social pressure when one has isolated can culminate in more stress to the subjects, so at this time of the pandemic, it is not time to radically change habits, because this can cause more anguish, being essential as soon as each one respects their limits and their lifestyle (QIU J, et al., 2020).

Therefore, to reduce some of the anguish, stress and depression in a time of social isolation such as that imposed by COVID-19, some tasks such as contact with family and friends should be performed, avoid excessive news, have a healthy and regular routine, exercise, relax and, if necessary, seek the help of a specialist (WANG C, et al., 2020).

Thus, when talking about social isolation cannot be said that this is to cut the relationship with family and friends, there are several ways to communicate with people, so you can use the technologies to contact them. The interaction between the subjects can take place in various ways such as video calls, social networks, connections, among other things. Even in a moment of

distancing, it is essential to keep in frequent contact with the elderly to verify if they need some kind of help, in addition, this simple gesture will help them to feel less lonely (HUANG Y and ZHAO N, 2020).

Avoiding excessive news is something that helps maintain positive thinking since the large flow of information associated with the pandemic can increase stress and anxiety rates. Being up to date is important, however, you need to watch or read news twice a day, at most and at predetermined times. Another relevant point is that news should be obtained only from reliable sources since speculation only tends to alarm and frighten the population (ZANDIFAR A and BADRFAM, 2020).

Creating a healthy and regular routine, as well as adopting established hygiene measures such as having a regular sleep routine, performing physical activities, having healthy eating habits and washing hands frequently also contributes to improving physical and mental health. Therefore, it is worth noting that the practice of harmful habits such as alcoholism and the use of cigarettes are not good allies to combat stress. To exercise it is necessary to seek to fill the time at home with pleasurable activities, not only with the performance of physical exercises, but it is also important to watch movies, draw, read, learn new things, among other things (LU W, et al., 2020).

About relaxation, it is worth noting that it is possible to resort to yoga, meditation and relaxation techniques to manage stress. For individuals who work from home, they should have specific working hours, and it is necessary to take breaks periodically. And, yes, if necessary, seeking the help of a specialized professional is the key to minimizing stress and anxiety. It is important to highlight that many professionals are attending online in this pandemic period, and this is a great alternative for individuals who seek to reduce anxiety due to isolation (FRANK A, et al., 2020).

IV. FINAL CONSIDERATIONS

Maintaining social isolation from COVID-19 is an arduous task, however necessary to prevent the rapid spread of the virus. However, this measure generates other problems, especially mental problems for subjects, with increased stress and anxiety. Therefore, it is up to individuals to look for ways to improve their mental health, so that this occurs it is important to seek healthy habits, read books, watch movies, not read excessive news, exercise, relax, contact (virtual) with relatives and friends, among other things. Thus, with these measures, people can live better and with more harmony what is indispensable to have a more healthy mental life.

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